

# DINNERLY



## Reduced-Carb Japanese Chicken Salad with Slivered Almonds



25 minutes



2 Servings

Toss shredded chicken and a trio of salad veg in a moreish Japanese dressing for a salad that's low in carbs but packed with freshness, flavour and crunch.



- 200g Chinese cabbage
- 1 Lebanese cucumber
- 1 carrot
- free-range chicken tenderloins
- 40g slivered almonds <sup>15</sup>
- 40g Japanese dressing <sup>6,11</sup>

- 2 garlic cloves
- 2 tsp soy sauce <sup>6</sup>
- 2 tsp vegetable oil

- julienne peeler or box grater
- medium frypan

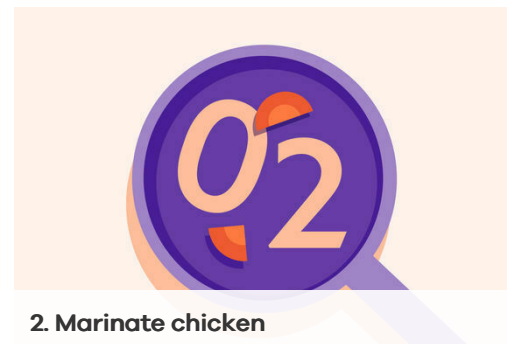
## ALLERGENS

Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

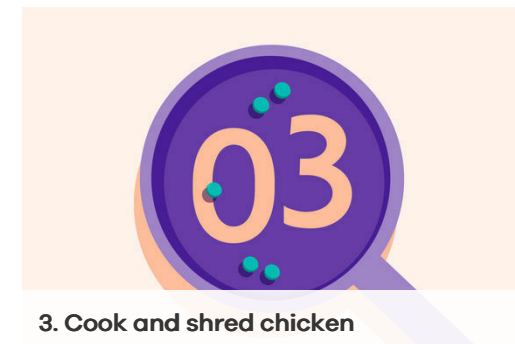
Energy 445kcal, Fat 21.1g, Carbs 13.8g,  
Proteins 41.1g



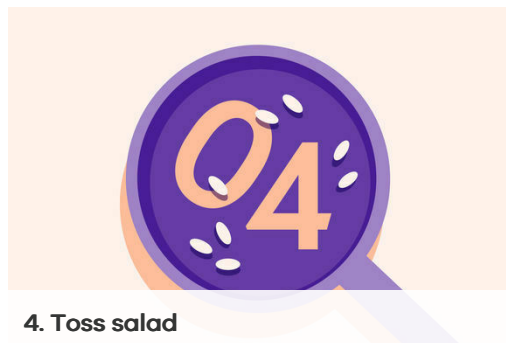
Thinly slice the **cabbage** with a sharp knife. Halve the **cucumber** lengthwise and thinly slice on an angle. Peel the **carrot** and shred using a julienne peeler or coarsely grate with a box grater. Crush or finely chop **2 garlic cloves**.



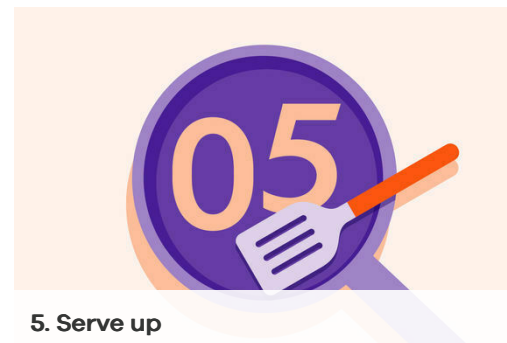
Put the **chicken, garlic, 2 tsp soy sauce** and **2 tsp vegetable oil** in a bowl, season with **salt and pepper** and toss to coat. Put the **almonds** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



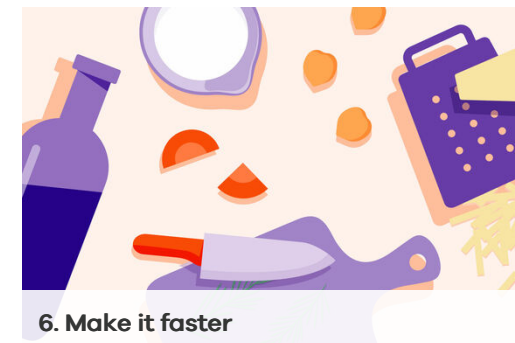
Return the pan to medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan. Shred the chicken using two forks (see Make it faster).



Put the **chicken, cabbage, cucumber, carrot, almonds** and **Japanese dressing** in a bowl and toss to combine. Taste, then season with **salt and pepper**.



Divide the **chicken salad** among bowls and enjoy!



To speed things up, skip shredding the chicken and serve the tenderloins whole instead.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)    **#dinnerly**



**Packed in Australia**  
from at least 95%  
**Australian ingredient.**